

## RECORD OF ENLISTED PERFORMANCE QUALIFICATIONS FOOD SERVICE SPECIALIST (FS)

### INSTRUCTIONS

Record of Enlisted Performance Qualifications (EPQ) shall be completed for enlisted personnel of the Coast Guard as outlined in the Enlisted Performance Qualifications Manual, COMDTINST M1414.8 (series). Personnel are required to demonstrate proficiency in all performance qualifications for the next higher pay grade to be eligible for advancement. As proficiency in each performance qualification is demonstrated by actually performing the task listed, the DATE and INITIALS column shall be completed by a designated supervisor (E-5 or above) at least one pay grade higher than the student and preferably of the same occupational specialty. Form CG-3303C becomes official documentation to be kept in the member's Personnel Data Record (PDR) denoting eligibility for administration of the rating End of Course Test (EOCT) and, if applicable, participation in a Service Wide Exam competition (SWE). Some EPQ include Supervisory Guidelines (SupGuide) which will assist in clarifying the intent and proper execution of the task that is to be performed. Personnel are reminded that although demonstration and sign-off of any new EPQ at or below the current pay grade is not required, the EPQ will be used to develop course materials and SWE questions. It is the member's responsibility to be proficient in all currently published performance qualifications, up to and including those of their present pay grade for their specific rating to facilitate the mentoring of junior personnel.

**Performance Qualifications numbering system:** Example 5.A.01

- The number **5** indicates an E-5 level qualification requirement.
- The letter **A** indicates the subject section within the qualification requirements.
- The sequence number **01** indicates the 1<sup>st</sup> qualification within the subject section.

Rating courses are developed using reference material denoting official policy and/or technical standards. Reference material is generally incorporated into lessons at an adequate level to complete the course. If more guidance is required, or should further study be desired, reference material is available online through the Coast Guard Directives System at the CG-Central website, Resources tab, located at <http://cgcentral.uscg.mil>. Other reference material supporting the EPQ may also be obtained from the unit's library, TRACEN course writers, CG Institute, or other government sources. A reference material list is located at the end of this document. If any reference material is found to be in contradiction the cited Coast Guard reference shall take precedence.

The Rating Force Master Chief of this occupational specialty is the primary proprietor of these EPQ. The most up to date EPQ revisions are available digitally from the CG Learning Portal at <http://learning.uscg.mil> or through the CG-Central website, My Workspace : Career Management : Enlisted : My Ratings : Advancement, located at <http://cgcentral.uscg.mil>. EPQ paper copies are also available from the unit's Education Services Officer (ESO) or Career Development Advisor (CDA).

**If members have completed tasks on the previous edition of the EPQ that cross-reference then supervisor signatures should be transferred for those completed tasks to this new edition.**

**SUMMARY OF CHANGES:** Modified 5.A.02 dessert preparations, 6.A.01 deleted by combining with 5.A.03 cycle menu planning, and 5.G.01 deleted by combining with 5.G.04 paperwork management. Formatting and references updated.

RATING <b>FOOD SERVICE SPECIALIST</b>			ABBREVIATION <b>FS</b>	
DATE COMPLETED ALL PERFORMANCE QUALIFICATIONS FOR RATE LEVEL				
E-4		E-5		E-6
E-7		E-8		E-9
NAME (Last, First, Middle Initial)				EMPLID NUMBER

**SIGNATURE OF SUPERVISOR**

DATE	NAME/SIGNATURE	INITIALS	RATE	UNIT

**REMARKS**

Date: \_\_\_\_\_

I certify that the person named below has satisfactorily completed all rate related course work and Enlisted Performance Qualifications (EPQ) for pay grade E-\_\_\_\_\_ and is eligible to take the end of course test (EOCT).

\_\_\_\_\_  
**Shop Chief / Division Officer**  
 (Printed Name & Signature)

**NAME** *(Last, First, Middle Initial)***EMPLID NUMBER**

RATING: FOOD SERVICE SPECIALIST	INIT	DATE
<p><b>A. FOOD PREPARATION</b></p> <p><b>SupGuide:</b> For each of the tasks listed in this section, the member will safely operate the required equipment including: energizing, controlling, securing, cleaning, and sanitizing.</p> <p><b>4.A.01 PERFORM</b> the three types of recipe adjustments as per Armed Forces Recipe Service (AFRS), NAVSUP Publication 7.</p> <p><b>4.A.02 PERFORM</b> the following cutting techniques on at least two different food items as per "Professional Cooking" by Wayne Gisslen:</p> <ul style="list-style-type: none"> <li>• Dice</li> <li>• Mince</li> <li>• Chop</li> <li>• Slice</li> </ul> <p><b>SupGuide:</b> Member will be required to display two proper techniques using the appropriate knife for each.</p> <p><b>4.A.03 COOK</b>, progressively, two items from an approved weekly menu as per "Professional Cooking" by Wayne Gisslen and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7.</p> <p><b>4.A.04 PREPARE</b> brewed coffee, drink-mix, and brewed iced tea as per "Professional Cooking" by Wayne Gisslen, Armed Forces Recipe Service (AFRS), NAVSUP Publication 7 and product instructions.</p> <p><b>SupGuide:</b> Supervisor will ensure member selects a different meat for each cooking method listed in EPQ 4.A.05 through EPQ 4.A.07.</p> <p><b>4.A.05 PREPARE</b> at least one of the following meats using dry heat cooking method as per "Professional Cooking" by Wayne Gisslen and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7:</p> <ul style="list-style-type: none"> <li>• Poultry</li> <li>• Beef</li> <li>• Pork</li> <li>• Seafood</li> </ul>		
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<p><b>4.A.06 PREPARE</b> at least one of the following meats using moist heat cooking method as per “Professional Cooking” by Wayne Gisslen and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7:</p> <ul style="list-style-type: none"> <li>• Poultry</li> <li>• Beef</li> <li>• Pork</li> <li>• Seafood</li> </ul> <p><b>4.A.07 PREPARE</b> at least one of the following meats with the dry heat using fat/frying cooking method as per “Professional Cooking” by Wayne Gisslen:</p> <ul style="list-style-type: none"> <li>• Poultry</li> <li>• Beef</li> <li>• Pork</li> <li>• Seafood</li> </ul> <p><b>4.A.08 PREPARE</b> the following sauces as per “Professional Cooking” by Wayne Gisslen and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7:</p> <ul style="list-style-type: none"> <li>• Brown sauce</li> <li>• White sauce</li> <li>• Tomato sauce</li> </ul> <p><b>4.A.09 PREPARE</b> the following cold sauces as per “Professional Cooking” by Wayne Gisslen:</p> <ul style="list-style-type: none"> <li>• Tartar sauce</li> <li>• Cocktail sauce</li> </ul> <p><b>4.A.10 PREPARE</b> a clear/light soup as per “Professional Cooking” by Wayne Gisslen and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7.</p>		
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<p><b>4.A.11 PREPARE</b> a heavy/thick soup as per “Professional Cooking” by Wayne Gisslen and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7.</p> <p><b>4.A.12 CARVE</b> the following cooked meats as per “Professional Cooking” by Wayne Gisslen:</p> <ul style="list-style-type: none"> <li>• Whole turkey</li> <li>• Roast beef or pork</li> </ul> <p><b>4.A.13 PREPARE</b> the following eggs cooked to order as per “Professional Cooking” by Wayne Gisslen and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7:</p> <ul style="list-style-type: none"> <li>• Over easy</li> <li>• Over medium</li> <li>• Over hard</li> <li>• Scrambled</li> <li>• Omelet</li> </ul> <p><b>4.A.14 PREPARE</b> the following simmered egg products as per “Professional Cooking” by Wayne Gisslen and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7:</p> <ul style="list-style-type: none"> <li>• Poached</li> <li>• Soft cooked/boiled</li> <li>• Hard cooked/boiled</li> </ul> <p><b>4.A.15 WASH</b> fresh fruits and vegetables for consumption as per “Professional Cooking” by Wayne Gisslen and the Food Service Sanitation Manual, COMDTINST M6240.4 (series).</p> <p><b>4.A.16 PREPARE</b> at least one uncooked salad as per “Professional Cooking” by Wayne Gisslen and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7.</p> <p><b>4.A.17 PREPARE</b> at least one cooked salad as per “Professional Cooking” by Wayne Gisslen and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7.</p>		
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<p><b>4.A.18 PREPARE</b> a fresh and frozen vegetable product as per “Professional Cooking” by Wayne Gisslen and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7.</p> <p><b>4.A.19 PREPARE</b> at least one rice product as per “Professional Cooking” by Wayne Gisslen and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7.</p> <p><b>4.A.20 PREPARE</b> at least one pasta product as per “Professional Cooking” by Wayne Gisslen and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7.</p> <p><b>4.A.21 PREPARE</b> potato products utilizing the following cooking methods as per “Professional Cooking” by Wayne Gisslen and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7:</p> <ul style="list-style-type: none"> <li>• Baked</li> <li>• Boiled/Simmered</li> <li>• Dry heat using fat/frying</li> </ul> <p><b>4.A.22 PREPARE</b> the following from raw ingredients as per “Professional Cooking” by Wayne Gisslen and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7:</p> <ul style="list-style-type: none"> <li>• One-crust pie.</li> <li>• Two-crust pie</li> </ul> <p><b>4.A.23 PREPARE</b> a frosted sheet cake as per “Professional Cooking” by Wayne Gisslen, Armed Forces Recipe Service (AFRS), NAVSUP Publication 7 and product instructions.</p> <p><b>SupGuide:</b> Member required to prepare from raw ingredients a sheet cake with butter cream frosting/icing.</p>		
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<p><b>4.A.24 PREPARE</b> at least three of the following types of cookies from raw ingredients as per “Professional Cooking” by Wayne Gisslen and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7:</p> <ul style="list-style-type: none"> <li>• Bars</li> <li>• Ice Box/Refrigerated</li> <li>• Rolled</li> <li>• Dropped</li> <li>• Sheet</li> </ul> <p><b>4.A.25 PREPARE</b> the following yeast-raised products from raw ingredients as per “Professional Cooking” by Wayne Gisslen:</p> <ul style="list-style-type: none"> <li>• Soft Rolls</li> <li>• Sweet Roll Dough</li> </ul> <p><b>4.A.26 PREPARE</b> the following cooked cereals as per product instructions:</p> <ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Grits</li> <li>• Cream of Wheat</li> </ul> <p><b>SupGuide:</b> Ensure member DOES NOT use instant products.</p> <p><b>4.A.27 PREPARE</b> the following quick bread products from raw ingredients as per “Professional Cooking” by Wayne Gisslen and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7:</p> <ul style="list-style-type: none"> <li>• Pancakes</li> <li>• Muffins</li> <li>• Biscuits</li> </ul> <p><b>5.A.01 PREPARE</b> the following yeast-raised products from raw ingredients as per “Professional Cooking” by Wayne Gisslen and the Armed Forces Recipe (AFRS), NAVSUP Publican 7:</p> <ul style="list-style-type: none"> <li>• White Pan Bread</li> <li>• French Bread</li> <li>• Danish Pastry</li> <li>• Submarine Rolls</li> </ul>		
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<p><b>5.A.02 PREPARE</b> the following desserts from raw ingredients as per “Professional Cooking” by Wayne Gisslen:</p> <ul style="list-style-type: none"> <li>• Chocolate Mousse</li> <li>• Angel Food Cake</li> <li>• Devil's Food Cake</li> <li>• Old-Fashioned Pound Cake</li> <li>• Yellow Chiffon Cake</li> </ul> <p><b>5.A.03 DRAFT</b> a four-week cycle menu for approval as per Coast Guard Food Service Manual, COMDTINST M4061.5 (series) and the Navy Food Service Management General Mess Manual, NAVSUP 486.</p> <p><b>SupGuide:</b> Completion of this task includes menu costing.</p> <p><b>5.A.04 DRAFT</b> a load list for a four-week deployment using an approved four-week cycle menu as per Coast Guard Food Service Manual, COMDTINST M4061.5 (series) and the Navy Food Service Management General Mess Manual, NAVSUP 486.</p> <p><b>5.A.05 DRAFT</b> a workflow plan for a specialty meal (i.e. Holiday, Special event) as per “Professional Cooking” by Wayne Gisslen and any supervisor approved recipe book.</p> <p><b>5.A.06 MODIFY</b> a currently used recipe following the basic principles of nutrition as per Coast Guard Food Service Manual, COMDTINST 4061.5 (series), Food Service Management General Messes, NAVSUP Publication 486, Coast Guard Health Promotion Manual, COMDTINST M6200.1 (series) and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7.</p> <p><b>6.A.01 DELETED.</b> (Cycle menu planning combined the two-week and six-week tasking)</p>		
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<p><b>B. UTENSILS AND EQUIPMENT</b></p> <p><b>4.B.01 MAINTAIN</b> safe serving temperatures utilizing the following as per the Food Service Sanitation Manual, COMDTINST M6240.4 (series) and Food Service Management General Messes, NAVSUP Publication 486:</p> <ul style="list-style-type: none"> <li>• Steam Table</li> <li>• Chilled Salad Bar</li> </ul> <p><b>SupGuide:</b> Ensure that member continues to monitor equipment for safe serving temperatures throughout serving period.</p> <p><b>4.B.02 MAINTAIN</b> the following knives using a sharpening stone and steel as per “Professional Cooking” by Wayne Gisslen:</p> <ul style="list-style-type: none"> <li>• Chef’s knife</li> <li>• Boning knife</li> <li>• Paring knife</li> </ul> <p><b>C. SAFETY AND SANITATION</b></p> <p><b>4.C.01 STORE</b> leftover food as per the Food Service Sanitation Manual, COMDTINST M6240.4 (series).</p> <p><b>4.C.02 CLEAN/SANITIZE</b> all food and non-food contact surfaces within food service spaces as per Food Service Sanitation Manual, COMDTINST M6240.4 (series).</p> <p><b>SupGuide:</b> Ensure trashcans are included while performing this task.</p> <p><b>4.C.03 WASH</b> dishes utilizing a dishwashing machine as per the Food Service Sanitation Manual, COMDTINST M6240.4 (series) and Food Service Management General Messes, NAVSUP Publication 486.</p> <p><b>SupGuide:</b> The member will assemble operate, de-scale, and disassemble the dishwashing machine.</p> <p><b>4.C.04 WASH</b> dishes utilizing manual dishwashing procedures as per the Food Service Sanitation Manual, COMDTINST M6240.4 (series) and Food Service Management General Mess, NAVSUP Publication 486.</p>		
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<p><b>4.C.05 CLEAN/SANITIZE</b> ice machines as per Food Service Sanitation Manual, COMDTINST M6240.4 (series) and Food Service Management General Messes, NAVSUP Publication 486.</p> <p><b>4.C.06 CLEAN/SANITIZE</b> reefers/freezers as per Food Service Sanitation Manual, COMDTINST M6240.4 (series) and Food Service Management General Messes, NAVSUP Publication 486.</p> <p><b>5.C.01 INSPECT</b> food items upon delivery to ensure compliance with specifications AS PER Food Service Sanitation Manual, COMDTINST M6240.4 (series).</p> <p><b>5.C.02 INSPECT</b> all food handlers for compliance to hygiene and uniform standards as per Food Service Sanitation Manual, COMDTINST M6240.4 (series) and Food Service Management General Messes, NAVSUP Publication 486.</p> <p><b>D. PROCUREMENT</b></p> <p><b>5.D.01 PREPARE</b> a procurement request, DOT F 4200.1, for supplies and services from commercial sources as per Coast Guard Finance Center Standard Operating Procedures Manual, FINCENSTFINST M7000.1 (series) and the Federal Supply System.</p> <p><b>5.D.02 PROCURE</b> food items using one of the following methods as per Coast Guard Simplified Acquisition Procedures Handbook, COMDTINST M4200.13 (series) and the Coast Guard Food Service Manual, COMDTINST M4061.5 (series):</p> <ul style="list-style-type: none"> <li>• Government P-card</li> <li>• Prime Vendor</li> <li>• Blanket Purchase Agreement</li> </ul> <p><b>SupGuide:</b> Ensure member constructs accounting line data while performing this task.</p> <p><b>E. RECEIPT AND STORAGE</b></p> <p><b>5.E.01 VERIFY</b> a received food purchase receipt for accuracy as per Coast Guard Food Service Manual, COMDTINST M4061.5 (series).</p>		
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<p><b>5.E.02 STORE</b> received food items as per the Food Service Sanitation Manual, COMDTINST M6240.4 (series).</p> <p><b>SupGuide:</b> Ensure that member rotates stock utilizing First In, First Out (FIFO) rule.</p> <p><b>F. TRAINING</b></p> <p><b>6.F.01 DELIVER</b> a presentation to food service personnel on the basic principles of nutrition as per "Professional Cooking" by Wayne Gisslen and Weight Management Self-Help Guide, COMDTPUB 6200.3 (series).</p> <p><b>7.F.01 TRAIN</b> subordinates in management procedures necessary to complete an end of month report using the following documents as per the Coast Guard Food Service Manual, COMDTINST M4061.5 (series).</p> <ul style="list-style-type: none"> <li>• CG-3123 Ration Memorandum</li> <li>• CG-3471 Daily Ration Cost Record</li> <li>• CG-3469 Provision Inventory Control Record</li> <li>• CG-4246 or NAVSUP 766 Provision Ledger</li> <li>• CG-3476 Individual Credit Account</li> <li>• CG-4261 Provision Inventory Report</li> <li>• CG-5269 Report of Survey</li> <li>• CG-3114 Adjustment Form</li> <li>• CG-2576 CG Dining Facility Operating Statement</li> <li>• Call Record Sheet</li> <li>• CG-4901 Meal Sign-In Sheet</li> <li>• Transmittal Letter</li> <li>• Cash Log</li> <li>• DD-1149 Requisition and Invoice/Shipping Document</li> <li>• Current BDFA message</li> <li>• Collection Acknowledgement receipts</li> <li>• Flight meal / Special meal request</li> </ul> <p><b>7.F.02 DELIVER</b> a presentation for Coast Guard Dining Facility patrons on healthy eating habits to include daily caloric, and nutrient intake as per the Coast Guard Health Promotion Manual, COMDTINST M6200.1 (series), "Professional Cooking" by Wayne Gisslen and the Weight Management Self-Help Guide, COMDTPUB P6200.3.</p>		
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<p><b>G. PAPERWORK AND INVENTORY MANAGEMENT</b></p> <p><b>5.G.01 DELETED.</b> (Task combined with 5.G.04 below)</p> <p><b>5.G.02 HANDLE</b> monetary funds as per Coast Guard Food Service Manual, COMDTINST M4061.5 (series) to include the following:</p> <ul style="list-style-type: none"> <li>• Collection</li> <li>• Accountability</li> <li>• Security</li> <li>• Transmittal</li> </ul> <p><b>5.G.03 COMPLETE</b> a CG-2581 as per Coast Guard Food Service Manual, COMDTINST M4061.5 (series) for each of the following tasks:</p> <ul style="list-style-type: none"> <li>• Issues to Mess</li> <li>• Sale of Stores</li> <li>• Transfer of Stores</li> <li>• Sale of Meals</li> </ul> <p><b>5.G.04 COMPLETE</b> the following documents for an end of month report using the Purchases vs. Allowance Inventory Control System as per Coast Guard Food Service Manual, COMDTINST M4061.5 (series):</p> <ul style="list-style-type: none"> <li>• CG-3123 Daily/Summary Ration Memorandum</li> <li>• CG-3471 Daily Ration Cost Record</li> <li>• CG-3476 Individual Credit Account</li> <li>• CG-4261 Provision Inventory Report</li> <li>• CG-5269 Report of Survey</li> <li>• CG-2576 CG Dining Facility Operating Statement</li> <li>• Call Record Sheet</li> <li>• CG-4901 Meal Sign-In Sheet</li> <li>• Transmittal Letter</li> <li>• Cash Log</li> <li>• DD-1149 Requisition and Invoice/Shipping Document</li> </ul> <p><b>SupGuide:</b> Supervisor will provide data/information to complete report.</p>		
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<p><b>5.G.05 RECONCILE</b> credit card monthly statement as per Coast Guard Food Service Manual, COMDTINST M4061.5 (series) and Coast Guard Finance Center Standard Operating Procedures Manual, FINCENSTFINST M7000.1 (series).</p> <p><b>5.G.06 PREPARE</b> the documentation needed for formal and informal relief of the Food Service Officer (FSO) as per the Coast Guard Food Service Manual, COMDTINST M4061.5 (series).</p> <p><b>6.G.01 COMPLETE</b> the following documents for an end of month report using the Perpetual Inventory Control System as per the Coast Guard Food Service Manual, COMDTINST M4061.5 (series):</p> <ul style="list-style-type: none"> <li>• CG-2581 Issues/Sales Slip</li> <li>• CG-3123 Daily/Summary Ration Memorandum</li> <li>• CG-3471 Daily Ration Cost Record</li> <li>• CG-3469 Provision Inventory Control Record</li> <li>• CG-4246 or NAVSUP 766 Provision Ledger Card</li> <li>• CG-3476 Individual Credit Account</li> <li>• CG-4261 Provision Inventory Report</li> <li>• CG-5269 Report of Survey</li> <li>• CG-3114 Inventory Adjustment Form</li> <li>• CG-2576 CG Dining Facility Operating Statement</li> <li>• Call Record Sheet</li> <li>• CG-4901 Meal Sign-In Sheet</li> <li>• Transmittal Letter</li> <li>• Cash Log</li> <li>• DD-1149 Requisition and Invoice/Shipping Document</li> <li>• Flight meal / Special meal request</li> </ul> <p><b>SupGuide:</b> Supervisor will provide data/information to complete report.</p> <p><b>-- END --</b></p>		
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## **GLOSSARY**

**Bake** – To cook food by surrounding with hot, dry heat; as in an oven.

**Carve** – To cut with care or precision; to cut into pieces or slices; to cut up and serve meat; to cut a solid material as so to form something.

**Clean/Sanitize** – Remove all visible impurities, then eliminate or reduce contaminants to an acceptable level.

**Complete** - Follow a process or procedure from initial identification to submission of any required reports or forms; provide with lacking parts or information.

**Cook** – To prepare food for eating by means of heat or other cooking methods.

**Deliver** - To present to an intended target or destination.

**Draft** - To draw the preliminary sketch, version, or plan of; a composition; submitted for approval.

**Handle** – A means of understanding or controlling an item or items.

**Inspect** – Examine officially, look at carefully.

**Maintain** – To preserve, fix, or keep in good repair; hold or keep in a state or condition.

**Modify** - To make minor changes in/to; alter or change somewhat the form or qualities of.

**Operate** - To perform a function. "Operate" is to turn on, control, and turn off a piece of equipment.

**Perform** – Carry out an action or pattern of behavior. To begin a task and carry through to completion in accordance with applicable instructions and regulations.

**Prepare** - To combine elements and produce a product. Example: Prepare a meal. To put together, make ready, put into a state of use.

**Procure** - To purchase a required item through an authorized process.

**Store** - To stock or deposit. Note: Store implies protecting from deterioration or pilferage.

**Train** - To make proficient by instruction and practice. To convey knowledge, demonstrate skills; and measure the transfer of those skills and knowledge using a defined lesson plan and methodology.

**Verify** - To determine the accuracy of recorded information by comparing to physical evidence.

**Wash** – Clean by the flowing action of a liquid, especially water; the act or process or of rinsing.

**REFERENCE MATERIAL** (hyperlink provided where available)

Armed Forces Recipe Service (AFRS), [NAVSUP Publication 7](#)

Coast Guard Food Service Manual, [COMDTINST M4061.5](#) (series)

Coast Guard Health Promotion Manual, [COMDTINST M6200.1](#) (series)

U. S. Coast Guard Finance Center Standard Operating Procedures Manual,  
FINCENSTFINST M7000.1 (series) [FINCEN SOP](#)

Food Service Management General Messes, [NAVSUP Publication 486](#)

Food Service Sanitation Manual, [COMDTINST M6240.4](#) (series)

“Professional Cooking”, by Wayne Gisslen, ISBN-0471436259

Weight Management Self-Help Guide, [COMDTPUB P6200.1](#)

Coast Guard Simplified Acquisition Procedures Handbook,  
[COMDTINST M4200.13 \(series\)](#)